



## Overweight Children - A Rising Epidemic

1 in 5 children are overweight  
and the number is growing.

\* Overweight children are at a greater risk for diabetes, high blood pressure, gall bladder disease, heart disease, and other health problems.

### Causes

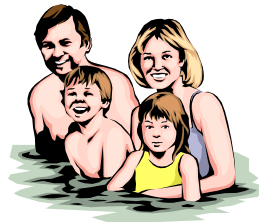
- Lifestyle that is not active-includes TV, computers, and video games.
- Poor eating habits
- Genetic factors
- Children doing bad habits they see mom and dad do
- Lifestyle Changes-both parents working leaves little time for watching children's eating habits and physical activity.



### What parents can do to help their child maintain a healthy weight.

#### **Plan daily exercise for the family**

Family bike trips, active games, or weekend hikes make exercise fun. Kids need to see their parents leading an active life and enjoying it.



#### **Provide ways for children to become physically active at home**

Have toys that provide active play, such as balls, bats, and roller skates. If children do watch TV, have them move around during commercials to get their heart rate up.

#### **Practice healthy eating**

Provide good meals and snacks and teach your children about making healthy food choices on their own. Don't restrict certain foods or kids will just want them more.

#### **Change your behavior**

Parents need to be a role model with their own diet and exercise.



#### **Tackle TV**

Parents can limit TV watching to one hour or less per day. Have children eat at the table. Eating while watching TV can become a habit.

#### **Eat meals as a family as often as possible**

Try to make mealtimes pleasant by talking and sharing. If mealtimes are not pleasant, children may try to eat faster to leave the table as soon as possible. They may learn to eat when stressed.

#### **Allow your child to help in making meals and snacks**

Children will want to eat healthy foods or snacks if they help prepare them.

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